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ABSTRACT

This guide is designed to assist the nursing home staff, and in particular the activity director, in improving the physical, social and psychological care of residents in nursing homes. It contains lists and descriptions of ideas and procedures contributed by over 100 activity directors. The activities are seen as potentially able to help a resident overcome problems such as gradual isolation, loneliness, and loss of social identity. The scope is great enough so that people of a wide variety of age, ability and health levels can participate. (Author/EP)

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MEANINGFUL ACTIVITIES IN NURSING HOMES

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INDIANA STATE BOARD OF HEALTH

MEANINGFUL ACTIVITIES

IN NURSING HOMES

Indiana State Board of Health
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INTRODUCTION

The admission of a person to a nursing home initiates several major changes in the life of the individual. The person leaves his family and enters the institutional system. He becomes a resident. As such, his primary relationship patterns shift from the family to the nursing home staff and to other residents. The family becomes a "supportive system."

Needs for attention, social recognition, maintaining dignity, self-worth and self-satisfaction are difficult to attain in an institution. A nursing home resident frequently needs someone to help him overcome loneliness. For the long-term resident, the physical presence of other residents does not do enough to relieve loneliness since the level of interaction is very often a superficial one.

Residents may find their freedom of action and the right of self-determination sharply curtailed. Such alterations in life require many adaptations on the part of one who becomes a resident. A program which promotes interaction among residents and stimulates the staff and family to increase the resident's socialization might enhance the persons positive adaptation to a long-term health care facility.

Activities are important for everyone, including persons living in nursing homes. They should be viewed as potentially able to help a resident overcome the problems of gradual isolation, loneliness, loss of social identity, and many other social and psychological problems that a resident is faced with. Although some people think of activities as fun only, others realize that activities are an essential part of physical, social, emotional, and intellectual development. The primary reason for the inclusion of a particular activity should always be its probable value for the intended resident. For example, an activity can be selected with the goal of stimulating mental activity to help the individual regain his past identity and relate more meaningfully to the present. The scope of activities is great enough so that everyone, regardless of age, ability, or health, can participate in meaningful activities.

This guide is designed to assist the nursing home staff, in particular the activity director, in improving the physical, social, and psychological care of residents in nursing homes. It consists of an exchange of ideas and procedures contributed from over 100 activity directors. My appreciation is extended to these activity directors who supplied me with the information so I could compile it into booklet form. The activities listed in this guide are presently in use or have been used in nursing homes throughout the state.

The following format will be used throughout this guide:

A. Each activity will be listed in one of the following categories:

1. Individual (bedridden, physically and/or mentally disabled, etc.)

2. Service and work projects (toy repair, resident volunteers, cancer pads, sheltered workshops, etc.)

3. Diversional (arts and crafts, sewing, braiding, etc.)

4. Intellectual (discussion groups, book reviews, drama, etc.)

5. Community (historic places, museums, fairs, etc.)

6. Social and Recreational (dances, group singing, cards, table games, etc.)

7. Men (Stag parties, fishing trips, refinishing furniture, etc.)

B. An explanation of "how to do" the activity.

C. Benefits that a resident might receive by participating in the activity.

D. The supplies and/or equipment needed to conduct the activity.

E. Any other information that might be useful to an activity director when starting the activity.

This guide can be used as a do-it-yourself guide, always keeping in mind the possible benefits that a resident might receive by participating in the activity and never offering an activity to "fill up time" or "to keep one busy."

Mark Laker
Recreation Consultant

SECTION I

INDIVIDUAL

Planning activities for residents who are bedridden, for those who are confined to a "geriatric" chair, and others who have chronic diseases is a very difficult task for most activity directors. The most important aspect to remember is that all residents have needs and that we must try to fulfill these needs by setting up appropriate programs - the question arises how can we do this?

The first thing an activity director should do is attempt to talk with the resident. Try to find out what his interests are (only use a checklist as a last resort because this limits the resident to what he might want to do). If his interests are not discovered immediately continue to make visits, because this might show him that you are interested and that you really care. Most residents in long-term health care facilities need to trust someone and this trust very often takes a long time to establish. Finally, offer a variety of activities because you might find one that the resident really enjoys.

The following are activities for the individual resident and are in use in various facilities throughout the state:

I. MOD-PODGE TAGS

A. How to do it.

1. Save postage stamps (used).
2. Remove from envelope-leave small border.
3. Sort out more unusual stamps for sale or give to collectors.
4. Soak stamps to be used off paper-carefully dry them-keep them flat.
5. Cut thin wood shapes for tags.
6. Sand smooth-apply base coat of Mod-Podge. Apply stamps-coat two times.
7. Also may be used on small cans for making pencil holders, small boxes, etc.
8. Apply varnish as final coat---Add key chain.

B. Benefits

1. Residents gain a feeling of accomplishment.
2. Men or women may do it.
3. Stimulates interest in fascinating hobby of stamp collecting.
4. Light, non-demanding accivity.

C. Supplies and Equipment

1. Pan or dish to soak stamps and paper towel to dry them on.
2. Scissors would be helpful.
3. Book on stamp collecting would be of interest--otherwise just need creative uses for stamps.

2. FLAG CEREMONY

A. How to do it.

1. A resident raises and lowers the flag each day.
2. A certain time should be designated.
3. Try to make this special by reading patriotic poems, singing patriotic songs, etc.

B. Benefits

1. Physical exercise.
2. Feeling of usefulness by contributing something worthwhile.
3. Can receive an autograph from the President. The activity director would have to set this up.
4. Both ambulatory and non-ambulatory can get involved.

C. Supplies and Equipment

1. Flag and Pole.

3. MAIL DELIVERY

A. How to do it.

Pick up mail at administrators office and deliver it to all residents.

B. Benefits

1. Socialization - meet other residents
2. Usefulness
3. Self-worth - doing something for others
4. Physical exercise

C. Supplies and Equipment

1. Mail
2. Cart

4. STROKE CLUB

A. How to do it.

1. Work with nursing department and speech pathologist on identifying all stroke patients.
2. Locate a rehabilitated stroke patient who can relate to stroke patients and their families.

3. Involve families by inviting them to the stroke club meeting.
4. Have various weekly topics that they can discuss (this should be left up to the participants).

B. Benefits.

1. Socialization
2. Better understanding by the families.
3. Being able to identify with each other.
4. Able to release feelings of frustration.

C. Supplies and Equipment

1. Quiet room
2. Chairs (table-optional)
3. Coffee (optional)

5. LIBRARY CART

A. How to do it.

1. Contact public library about bringing books to your facility.
2. Contact fraternal organizations and families for donations of books and magazines.
3. Once a week, load an assortment of books and magazines onto a cart and take them to bedfast residents (volunteers can help with this program by taking the cart around and also reading to those who cannot.
4. Ask the library for a catalog of large print books such as Readers Digest, Sports Illustrated, etc.

B. Benefits

1. Mental and physical stimulation
2. Socialization--interaction with activity director or volunteer.
3. Intellectual development
4. Feeling that someone cares.

C. Supplies and Equipment

1. Cart
2. Books and magazines

6. TALKING BOOK MACHINE

A. How to do it.

1. Contact your local library.

2. Contact the local blind society.
3. Both of these might send you the machine along with earphones.
4. Examples of records that you can receive are Reader's Digest, Newsweek, Sports Illustrated, popular novels, etc.

B. Benefits

1. Mental and physical stimulation
2. Interaction with activity director and volunteer.
3. Intellectual development.
4. Could lead to group discussions with other residents who are using the machine.
5. Can be used by the blind, visually limited, those with handicaps such as cerebal palsy, multiple sclerosis, rheumatism, etc.

C. Supplies and Equipment

1. Talking book machine.
2. Records.

7. TIC-TAC-TOE

A. How to do it.
Use regular tic-tac-toe rules.

B. Benefits

1. Visual stimulation.
2. Use of hands.
3. Socialization - with another patient, volunteer, or activity director.

C. Supplies and Equipment

1. A board (cardboard or scrapwood) marked into squares.
2. Two sets of markers.
3. Boards can be easily made by using heavy cardboard or scrapwood.
4. Boards may have lines painted on (two lines each direction) or narrow adhesive or paper tape may be used.
5. Bottle caps or lids from baby food jars (or other jars) make good markers.

8. INDOOR GARDENING

A. How to do it.

1. Narcissus vine - place narcissus bulb in small container with small pebbles around it. Cover with water.

2. Sweet potato vine - place end of potato in container filled with water.

B. Benefits

1. Visual stimulation (watch it grow)
2. Non-demanding and light activity
3. Pride and responsibility - taking care of something.

C. Supplies and Equipment

1. Plants
2. Containers

9. INTERCOM BINGO

A. How to do it.

1. Have a resident or activity director call out numbers on the intercom.
2. Utilize volunteers as runners.

B. Benefits

1. Mental and physical stimulation
2. Interaction with volunteers
3. Feeling that someone cares

C. Supplies and Equipment

1. Intercom
2. Bingo cards and markers
3. Volunteers

10. INTERCOM EXERCISE

A. How to do it.

1. Have a resident or activity director call out the exercises.
2. Remember to have some that patients can do while lying in bed.
3. Obtain suggestions from your physical therapist.

B. Benefits.

1. Physical exercise.
2. Interaction with volunteers or staff.

C. Supplies and Equipment

1. Intercom
2. Volunteers or staff members to assist residents

11. GUESS HOW MANY

A. How to do it.

1. Have objects in a sealed jar and once a week, bi-weekly, or monthly, have residents guess how many are in the jar.
2. Use a variety of objects.
3. Keep the jar in a popular place.
4. Describe the size of the jar and objects in it for the blind.
5. Give out prizes.
6. Take the jar to bed patients.

B. Benefits

1. Visual stimulation
2. Mental stimulation
3. Can be taken into individual rooms for the bedridden.

C. Supplies and Equipment

1. Jar
2. Objects such as beans, pennies, candy balls, marbles, shells, etc.
3. Prizes

12. FRIENDLY VISITOR

A. How to do it.

1. Contact various organizations for getting volunteers.
2. Contact the media for obtaining individuals from the community.
3. Various examples of what a friendly visitor can do.

   a. Read to a resident
   b. Write letters for a resident
   c. Work puzzles
   d. Intercom Bingo
   e. Play games such as: cards, checkers, chess, etc.
   f. Work on individual crafts

B. Benefits

1. Socialization
2. Feeling that someone cares
3. Trusting relationship

C. Supplies and Equipment

1. Games
2. Crafts

SECTION II

SERVICE

and

WORK PROJECTS

Some residents need a balance between work and recreation. This can be particularly important when leisure hours are as great in number as they are for those living in nursing homes. Many nursing home residents have grown up in an environment where leisure was considered only for the wealthy and recreation bordered on the sinful. Thus, activity directors should provide activities which are meaningful for each resident.

There are many residents who have lived much of their lives in giving and helping other people. Some of these individuals continue to have a need to do things for others. Activity directors should provide service projects for anyone who wants to get involved.

The following are service and work projects which are in use in various facilities throughout the state:

13. SCRAPBOOK FOR DAY CARE CENTER OR KINDERGARTEN

A. How to do it.

1. Collect pictures from magazines.
2. Cut out those with special appeal to children.
3. Sort into categories A-Apple, Alligator, etc.
4. Make or buy a fairly large scrapbook.
5. Label pages with large printed letters.
6. Glue pictures on correct pages.

B. Benefits

1. Can be a good group project.
2. Feel satisfaction from giving to some group in the community when completed.
3. Stimulates conversation and thinking.
4. Finger movement.

C. Supplies and Equipment

1. Scissors.
2. Old magazines-lots of them.
3. Glue.
4. Scrapbook.
5. Marker.

D. No precautions--just contact agency you want to give it to and explain the project and purpose.

14. VEGATABLE PREPARATION

A. How to do it.

1. Follow directives of food service personnel.
2. Peel potatoes (or other vegetables).
3. String and break green beans, etc.

B. Benefits

1. A sense of feeling useful.
2. Socialization.
3. Physical exercise.
4. Using the senses of touch, smell, and vision can be therapeutic.

C. Supplies and Equipment

1. Vegetables
2. Paring knives.
3. Foil pans.
4. Containers for finished vegetables.

15. SEWING CLUB

A. How to do it.

1. Residents who are interested and able to sew, should be invited to a meeting.
2. Discuss project and let them choose a name for the group.
3. This club can meet one afternoon each week to mend clothes and sew on buttons for residents.
4. Light refreshments can be served.
5. Ask Laundress to place garments that need mending in a box.
6. Activity director can pin places to be sewed with straight pins with colored heads.

B. Benefits

1. Social need of belonging to a club.
2. Sharing duties of the home.
3. A time and place to reminisce with other family members of the home.
4. Exercise of the mind.
5. Physical exercise (finger movement).

C. Supplies and Equipment

1. Cardboard box for clothes.
2. Scissors.
3. Needles with a large eye.
4. Various colored thread.
5. Straight pins with colored heads.
6. Pin cushions.
7. Needle threader.
8. Buttons of many colors and sizes.

15. GARDEN CLUB

A. How to do it.

1. Search the facility for residents who have had experience in farming, gardening, or other interested individuals.
2. Try to get a roto-tiller for the start of the project.
3. Give responsibility to each resident for a specific job.
4. Contact the Cooperative Extension Service or the 4-H for other suggestions.

B. Benefits

1. Good physical exercise.
2. Communication with other residents.
3. Accepting responsibility.
4. Sharing duties.
5. Feeling of usefulness.
6. Working outside.
7. Feeling of pride by seeing something grow.

C. Supplies and Equipment

1. Borrow or rent a roto-tiller.
2. Various gardening tools such as a rake, hoe, etc.
3. Seeds or plants such as corn, tomatoes, beans, etc.

16. RESIDENT VOLUNTEERS

A. How to do it.

1. Residents go to the store and shop for others who are unable to do so.
2. Read to other residents who are handicapped (exp. visual, cerebal palsy, arthritic, etc.).
3. Pushing wheelchair residents to activities.

B. Benefits

1. A feeling of being useful and needed.
2. Socialization.
3. Physical and intellectual development.

C. Supplies and Equipment

1. Books
2. Awards at the end of the year

18. ASSEMBLY LINE PROJECT

A. How to do it.

1. Residents volunteer to polish shoes for other residents.
2. Assembly line project:

   a. Shoes brought to work area either by residents or staff.
   b. One person removes shoe strings.
   c. One person wipes off shoes with wet cloth.
   d. One person polishes each of the following colors: Black, Brown, White, etc.
   e. One person shine shoes.
   f. One person replace shoe strings.
   g. Shoes are delivered to respective residents.

B. Benefits

1. Feeling of usefulness.
2. Use of hands--may utilize patients with handicaps.
3. Group social experience--friendship and communication.
4. Overcome loneliness and isolation.
5. Awareness of grooming.

C. Supplies and Equipment

1. Shoe polish of various colors.
2. New shoe strings when needed.
3. Shining and cleaning rags.
4. Newspaper to put over work area.

19. GIFT-MAKING

A. How to do it.

1. Contact school principal and teachers of kindergarten classes.
2. Have residents make keepsake gifts for one (1) class per month alternating between classes monthly. Examples:

a. September - Marble bags
b. October - "Boo" suckers
c. November - Turkey cups
d. December - Mr. and Mrs. Clause, (residents in costume, passed out holiday socks.)
e. January - Trinket bags
f. February - Heart dolls
g. March - Kite - small on sticks
h. April - Bunnies with candy
i. May - May baskets

3. The residents decide on the gift to make and then take them to the school and give them to the children.

B. Benefits

1. Enable the residents to make a useful contribution to the community.
2. Allows residents to come in contact with children - Socialization.
3. Physical and intellectual development.
4. Involvement with the community promotes good public relations.

C. Supplies and Equipment

Scrap materials can be used making the cost very minimal.

D. Other suggestions

1. Contact your schools early.
2. Can be a resident council project.

20. VARIOUS PROJECTS

A. How to do it and who to contact.

1. Fill cancer packets - Cancer Society
2. Make quilts to send to underpriviledged children overseas - Church World Service
3. Prepare material for braiding rugs - Retired Senior Volunteer Program.

a. Remove buttons and zippers.
b. Tear garments apart.
c. Rip into three inch strips.
d. Sort.

4. Stuff envelopes - Heart Fund, Red Cross, etc.
5. Party favors for hospitals.
6. Make stuffed toys - Church nursery.
7. Folding bulletins - Church
8. Wrap packages - Salvation Army.

B. Benefits

1. Physical exercise
2. Socialization
3. Feeling of usefulness, self-worth, pride.

C. Supplies and Equipment

This is usually furnished by the organization that you are doing the project for.

D. Other suggestions

Contact the service organizations in your community. If they are approached, they will usually be very cooperative and happy to have some help.

SECTION III

DIVERSIONAL

MAY NOT BE USED

24

Diversional activities are such things as arts and crafts, sewing, braiding, painting, etc. These activities can be useful tools in meeting individual needs. However, the activity director must offer the right kinds of diversional activities which will not degrade the resident. For example, the making of a very simple craft might be therapeutic for a resident who has had little experience in crafts, but this same craft project might be detrimental to a more experienced and knowledgeable resident. Activity directors must begin to look at residents as individuals who have different needs and interests just as we all do.

If you are going to offer a craft program please keep in mind the following article.

DANGERS INVOLVED IN SELLING CRAFT ITEMS

The purpose of the activity program is to meet resident interests and needs through appropriate programs which can include crafts. With this in mind, the craft that the person makes is something that will give him a feeling of accomplishment and will provide him with the opportunity to decide what to do with the product he has made, whether it be giving it away to friends or relatives, keeping it for himself, or selling it. Selling the item proves to some individuals that they can still produce something that someone will pay money for.

However, when the resident is discouraged from selling what he produces or is forced to turn over the money he makes to the facility, he is then deprived of one of the few areas in which he could still have control over his environment. Once again the facility is telling him what he can and cannot do. When it becomes a requirement of the facility that the items be sold or that any proceeds from selling be returned to the facility, the whole purpose of the craft program is lost. The resident is now being restricted in many ways. If he is inspired to produce something saleable it is very likely that his efforts may not be good enough. Either someone will touch up or do over his work to make it acceptable or he will be discouraged from participating in the crafts program.

If the individual is forced to give any proceeds he makes to the facility he is in a sense being taken advantage of by the facility. Why should the materials be free to the individual who chooses to give his craft away and the person who chooses to sell his craft be required to give up this money? The service should be available to all and leave it at that.

However, if the resident begins mass-producing his products for sale, it would be best for him, as well as for the facility, to take the responsibility for purchasing his own supplies or reimbursing the facility for the cost of supplies. He should keep any profits over and above the cost of supplies.

The facility receives payment to provide necessary services for that resident. These services must include supplies and equipment that will allow this individual to participate in the activity program in the way he wishes. If the resident has crafts as an interest, it is the facility's obligation to supply the necessary materials. The facility does not charge each resident extra for the food he eats, nor should it charge for supplies used in the activity program. The time has passed when the activity program can operate without an activity director or without a budget. The program should not be expected to support itself through craft sales.

21. HOT PAD

A. How to do it.

1. Spread glue over half of one cardboard (If entire cardboard is glued, it often times gets too dry before the spoons are laid in place.)
2. Lay sticks or spoons in orderly fashion. With spoons, various designs are possible.
3. Repeat same process on second half of cardboard.
4. Spread glue and lay second layer of spoons or sticks.
5. Prepare second cardboard in same way.
6. When both boards have dried, glue the two together. This makes a hot-pad with thickness of four spoons and two cardboards.

B. Possible benefits:

1. Use of hands
2. Rewarding sense of accomplishment

C. Supplies and Equipment:

1. Two squares of cardboard 4½" square or slightly larger
2. Elmer's glue
3. Ice cream spoons or sticks

22. PAPER WEIGHTS

A. How to do it.

1. Cut netting to fit around top of jar.
2. Put flower, glitter, and water in the jar.
3. Put lid on the jar and turn upside down.

B. Benefits

1. Use of the hands
2. Accepting responsibility
3. Self-worth
4. Sense of pride and satisfaction

C. Supplies and Equipment

1. Baby food jars
2. Glitter
3. Netting
4. Flowers (can be plastic)
5. Water (optional)

23. LETTER HOLDERS

A. How to do it.

1. Cut greeting cards into uniform shape and fit together.
2. Use any amount of cards desired.
3. Staple together.

B. Benefits

1. Physical and intellectual exercise
2. Sense of accomplishment
3. Usefulness - these can be used to hold letters, pens, jewelry, etc.
4. Offers opportunities to be creative.

C. Supplies and Equipment

1. Greeting cards
2. Stapler

24. DOOR NAME TAGS

A. How to do it.

1. Trace or draw designs onto construction paper.
2. Clip out and print each resident's name on a tag.
3. Hang on appropriate doors.

4. Designs may be holiday oriented, for example: bells for Christmas, shamrocks for St. Patrick's Day, or they may reflect the personality of the resident in the room, for example: a sunshine for a happy person or a book for someone who likes to read, etc.
5. Provide some designs for residents to trace but only do this if they are hesitant to draw by freehand.
6. Make many different designs because this can add a touch of variety to the facility.
7. Sometimes it might be necessary for the activity director to print the names on the tags.
8. Print should be large and clear.
9. Many times "eyes over sixty" see light letters on dark backgrounds better than the reverse.
10. Be sure to mark the room numbers on the back of the tags.

B. Benefits

1. Encourages creativity and originality
2. Might help confused residents to find their room
3. Can help a resident feel he is a person and not a number - deinstitutionalization
4. Can assist visitors, volunteers, residents, and new employees to become familiar with the names and locations of each resident.

C. Supplies and Equipment

1. Glue
2. Scissors
3. Masking tape
4. Construction paper
5. Fabric
6. Felt

25. MOD-PODGE WASTE BASKETS

A. How to do it.

1. Save large oil cans from Dietary Service
2. Cut top off and carefully smooth it
3. Thoroughly clean can
4. Spray or brush with flat black paint
5. Put on base coat of Mod-Podge
6. Have residents, families, and friends save greeting cards for pictures
7. Have individuals cut out pictures--first use felt pen to outline area you want saved.
8. Mod-Podge pictures to can
9. Put 2 or 3 coats over pictures (dry between coats)
10. Spray with acrylic or brush with varnish to waterproof

B. Benefits

1. Involves many persons in collecting cards which might lead to more community spirit.
2. Feeling of contributing
3. Involves men and women
4. Can be done in a group, individually, at bedside or in a workshop; can be long-term, and can be done by assembly line.
5. Inexpensive to do.
6. Good sale value or just a good useful item.

C. Supplies and Equipment

1. Large (smooth) cans, square ones are best
2. Files or steel wool, etc.
3. Flat black paint
4. Mod-Podge
5. Paint brushes
6. Cards
7. Felt pen
8. Scissors

D. Only precaution would be to do any spray painting outside.

26. FINGERPRINT STATIONERY

A. How to do it.

1. Cut up a sponge
2. Put a dab of acrylic paint on each piece of sponge
3. Add a little water to each sponge
4. Place index finger on sponge and then in corner of piece of stationery and on corner of envelope, press it down.
5. Take fine-tip marker and make eyes, nose, wings, hat, etc.

B. Benefits

1. Resident may write letters on finished stationery.
2. Stimulates imagination
3. Urges resident to correspond with friends and family.
4. Men and women both enjoy this activity

C. Supplies and Equipment

1. Stationery - white or pastel
   Envelopes - white or pastel
2. Acrylic paints - various colors
3. Fine-tip markers
4. Sponges

27. PIPE CLEANER FLOWERS

A. How to do it.

1. Shape pipe cleaners into petal shape
2. Put Elmer's glue on petal part
3. Lay on material, let dry
4. When dry, cut around it
5. Four (4) petals make one (1) flower
6. Wrap florist's tape around the four (4) stems
7. Take cotton pom-pon and glue into center
8. Shape petals

B. Benefits

1. Residents make their own decisions on colors - promotes creativity
2. Inexpensive to create
3. Good social rapport
4. Residents can decorate their own rooms or sell the flowers.

C. Supplies and Equipment

1. 12" pipe cleaners (various colors)
2. Various fabrics (cotton, etc.)
3. Cotton pom-pons
4. Florist tape
5. Elmer's glue

28. DECOUPAGING PICTURES

A. How to do it.

1. Sand a board to make the surface smooth
2. Cut out pictures
3. These can be burned around edges (optional)
4. Glue to board and allow to dry
5. Apply decoupage finish and allow to dry
6. Can hang on the wall

B. Benefits

1. Can be kept or sold by the residents - usefulness
2. Exercise for hands and fingers
3. Can use imagination
4. Pride and accomplishment
5. Can be given to family and friends = independence
6. Sense of self-worth

C. Supplies and Equipment

1. Wood
2. Sandpaper
3. Glue
4. Scissors
5. Decoupage finish
6. Paint brushes

29. FABRIC FLOWERS

A. How to do it.

1. Form flower petals out of metal florist wire
2. Spread wire with glue and press a patch of fabric
3. Allow this to dry and then cut around the wire to trim fabric.
4. After five petals are completed, wrap the five stems together with florist tape.
5. Insert one ball from ball fringe
6. Bend the petals to shape the flowers

B. Benefits

1. Socialize while working on the project
2. Finger and hand exercise
3. Allows resident to be creative
4. Can be kept, sold, or given away - this can promote independence.
5. Can be used as centerpieces for the home - accomplishment

C. Supplies and Equipment

1. Florist wire
2. Florist tape
3. Glue
4. Squares of a variety of fabrics such as gingham, calico, plaids, etc.
5. Scissors
6. Ball fringe
7. Q-Tips for spreading glue

30. PICTURE PUZZLES

A. How to do it.

1. Set up a special table in the activity room or lounge

2. Invite resident(s) to work on puzzle
3. When finished glue it to a sturdy piece of cardboard
4. Paint a decoupage solution over the puzzle for a smooth finish
5. Frame it

B. Benefits

1. Non-demanding - residents can work on the puzzle whenever they want to and for whatever length of time.
2. Physical and mental stimulation
3. Personal sense of accomplishment and pride
4. Resident interaction

C. Supplies and Equipment

1. A picture puzzle
2. Table
3. Sturdy piece of cardboard
4. Glue
5. Decoupage solution
6. Wood molding for picture frame

SECTION IV

MENTAL STIMULATION

The evidence on human learning suggests that changes with age in the primary ability to learn are small under most circumstances. When differences do appear, they seem to be more readily attributed to processes of perception, set, attention, motivation, and the physiological state of the organism (including that of disease states) than to a change in the primary capacity to learn. Years of schooling is a more important variable than is age in relation to learning over the work life. Furthermore, healthy individuals over the age of 70 will tend to perform better than young adults on certain mental tests, such as vocabulary, comprehension of verbal statements, and arithmetic operations.[1]

With the above information in mind, activity directors should try to offer meaningful thought provoking activities. Listed below are activities which are presently in use in facilities throughout the state.

31. CONCENTRATION

A. How to do it.

1. Mount a hand-drawn logogram (picture puzzle) on bulletin board.
2. Thumb-tack selected like-categories, i.e., names of autos, hats, birds, flowers, etc., randomly, covering logogram.
3. Thumb-tack, sequentially, numbered sheets in order, over each category sheet.
4. Divide participating group equally into teams.
5. Each team and/or team member, in turn, calls out two numbers trying to "match" category names.
6. As numbered sheets are removed, if category names are "matched," those numbered sheets (2) stay removed from board and the two category sheets beneath are then removed to reveal part of the picture puzzle. If no category "match" is made, the two "called-for" numbered sheets revert to their position.
7. Team making category "matches" and revealing parts of the logogram as the game progresses, have ten seconds to guess words or the phrase which the picture puzzle represents.

1. Birren, James, E., The Psychology of Aging, P. 194

B. Benefits

1. Team/group participation
2. Competition
3. Stimulates mental activity
4. Socialization

C. Supplies and Equipment

1. Portable bulletin board, 3 ft. X 5 ft.
2. Felt-tip markers, various colors
3. Shelf paper or "newsprint" paper: white
4. Thumb tacks, pencils and erasers, 8½ X 11 inch paper

D. Other Specific Information

1. Artistic ability to draw logograms
2. Library and other sources for logograms

32. OFFICIAL FLAGS

A. How to do it.

1. Contact a group with flags such as Betsy Ross Club or Culver Military Academy, etc.
2. If you don't have groups with flags, go to library for pictures and information.
3. Show and give story of flags.

B. Benefits

1. Stimulates thinking, gives contact with outside groups and community
2. Opportunity to begin special interest group among residents
3. Chance for creativity
4. Try to use DAR, VFW, Legion, War Mother members from your residents

C. Supplies and Equipment

1. Quiet room
2. Refreshments (optional)

33. UNSCRAMBLING WORDS

A. How to do it.

1. Choose a category (e.g. "words connected with spring")
2. List the scrambled words on the blackboard
3. Have residents write down as many as they can think of

B. Benefits

1. Mental exercise
2. Fun
3. Socialization

C. Supplies and Equipment

1. Blackboard
2. Paper and pens (for residents)
3. Refreshments (optional)

34. WORD GAME

A. How to do it.

1. List a word on the blackboard
2. Have residents make smaller words
3. Example (Christmas)

a.	match	b.	starch	c.	trim
d.	mist	e.	star	f.	chat

B. Benefits

1. Socialization
2. Visual exercise
3. Mental stimulation

C. Supplies and Equipment

1. Blackboard
2. Paper and pens
3. Refreshments (optional)

35. ROVING REPORTER

A. How to do it.

1. Try to find two or three willing, alert residents

2. Have these residents interview other residents finding out information such as, home town, former occupation, hobbies and other interests
3. At the end of each month the activity director and residents can put this information into a facility newspaper

B. Benefits

1. Self-worth
2. Usefulness to the facility and other residents
3. Interacting with other residents
4. Mental stimulation
5. Helping other residents express themselves and having them feel that their opinion counts

C. Supplies and Equipment

1. Pen and paper
2. Typewriter
3. Tape recorder (optional)
4. Copying machine

D. Other Suggestions

1. The activity director can also do some interviewing.

36. CHARADES

A. How to do it.

1. Divide the group evenly
2. Have each resident write on a piece of paper either a famous person, a famous place, or a well noted book.
3. Put these pieces of paper in a container for the other team to use.
4. Have a resident take one piece out of the container and act out the appropriate person, place, or thing, by giving soundless clues.
5. Have a 3 minute time limit (Adapt to your residents)

B. Benefits

1. Promotes imagination and creativity
2. Socialization
3. Mental exercise
4. Competition in a non-threatening manner

C. Supplies and Equipment

1. Pen and paper

D. Another twist to this activity

1. The activity director or a volunteer could do the acting out.

37. PRODUCING A PLAY

A. How to do it.

1. Find a simple play

   a. not too much physical activity
   b. lines not too long
   c. use large print

2. Find residents who are willing to participate
3. Might find a person in the community who has had experience in drama (optional)
4. Have numerous rehersals

B. Benefits

1. Feeling of pride and self-worth
2. Accomplishment
3. Socialization
4. Self-confidence
5. Mind stimulation

C. Supplies and Equipment

1. Simple to complex costumes (depends on what you want to put into the production)
2. Simple to complex properties

38. RESIDENT COUNCIL

A. How to do it.

1. Search for residents who will represent the residents in your facility.
2. Have regularly scheduled meetings whereby officers are elected and the purpose of the council is stated.

   a. The resident council is basically a decision-making organization formed to help promote good communications and relations between the residents and staff

3. Outline in writing the policies of the facility. This will give the residents an idea of what decision-making powers they have.

B. Benefits

1. Allows residents to have an effect on what happens in the facility
2. Gives the residents an avenue to explain their likes and dislikes in the facility with the idea that it is possible to change some things.
3. Promotes usefulness and self-worth
4. Socialization

C. Supplies and Equipment

1. Quiet room
2. Refreshments

39. BOOKMOBILE

A. How to do it.

1. Contact your library
2. Some have bookmobiles that would come to your facility once or twice a month.
3. Try to get a librarian to come to your facility and explain what the library (Bookmobile) has to offer.

B. Benefits

1. Contact with the community
2. Opportunity to read books that are of interest to residents
3. No cost to the resident or the facility

C. Supplies and Equipment

1. Library card (which the library will give to each resident)
2. Room to display books

D. Other Information

1. If your library does not offer a bookmobile service, the activity director or a volunteer should go to the library and obtain books and magazines for their residents.
2. Remember large print books for the visually handicap
3. Get films from the library

40. BOOK REVIEW

A. How to do it.

1. Each week or month have a couple of residents give a report on a book they have read.

2. After each report have a discussion on the book.

B. Benefits

1. Assumes responsibility
2. Could promote a feeling of self-worth
3. Interaction with other residents
4. Being able to express oneself
5. Mental stimulation

C. Supplies and Equipment

1. Books
2. Quiet room
3. Refreshments (optional)

41. HISTORY CLUB

A. How to do it.

1. Residents attend a 30 to 45 minute session each week.
2. Discuss the topic of the week.
3. At the end of each session a topic for next week should be announced and an invitation to bring some material, such as maps, pictures, books, etc., should be extended to everyone.
4. Slides and films can be used.

B. Benefits

1. Can stimulate residents to discuss history
2. Assume responsibility (bring in material)
3. Promote socialization
4. Can carry over to talking outside of class
5. Allows residents to express themselves in an appropriate manner
6. Helps residents to think and compare the writers approach to what they have lived through

C. Supplies and Equipment

1. Quiet room
2. Maps, photos, newspaper articles, reference books
3. Pen and paper

D. Other Information

1. The leader of this session can be a resident, an activity director, or a volunteer such as a librarian, or a high school or college history teacher, etc.

42. BIBLE STUDY

A. How to do it.

1. Have interested residents meet once a week.
2. Have a special topic or reading for each session.
3. A resident, a volunteer, or the activity director can do the reading and then lead a discussion.

B. Benefits

1. Opportunity to express oneself in a group
2. Stimulates mental activity
3. Socialization
4. Fulfill spiritual needs

C. Supplies and Equipment

1. Bible (large print)
2. Talking book machine and scriptural record of desired passage to be discussed

43. CURRENT EVENTS

A. How to do it.

1. Cut out articles from the daily newspaper.
2. Have a resident, volunteer, or activity director give a summary of the article.
3. Discuss the article.

B. Benefits

1. Helps residents keep aware of what is happening in the world
2. Opportunity to express oneself
3. Interaction with other residents

C. Supplies and Equipment

1. Newspaper
2. Coffee (optional)

44. MUSIC APPRECIATION

A. How to do it.

1. Post albums to be heard on the bulletin board.
2. Discuss story and composer.

3. Play albums for the bedridden.

B. Benefits

1. Stimulates mind
2. Can give residents a warm feeling and calmer self
3. Socialization
4. Express oneself

C. Supplies and Equipment

1. Records
2. Record Player
3. Quiet Room

45. NAME THAT TUNE

A. How to do it.

1. Choose old favorites to play on the piano or
2. Play records
3. Have the residents guess the name of the song

B. Benefits

1. Stimulates residents to use their mind
2. Interaction with other residents
3. Competition

C. Materials

1. Piano or
2. Record player
3. Records

46. NOSTALGIA HOUR

A. How to do it.

1. Have residents, staff, and volunteers bring in antiques, poetry, old stories, etc.
2. Discuss old favorites

B. Benefits

1. Helps residents use their minds
2. Socialize with other residents

C. Supplies and Equipment

1. Antiques, novels, poems, etc.
2. Refreshments (optional)

47. GUEST SPEAKER

A. How to do it.

1. Search for speakers in your community such as lawyers, doctors, musicians, social workers, teachers representing many different subjects, etc.
2. You can also invite some of the staff in your facility to be guest speakers. Some of these might include the dietitian, the caseworker, the administrator, etc.
3. Offer a question and answer period near the end of the meeting.

B. Benefits

1. Stimulates the mind
2. Socialization
3. Contact with outside community

C. Supplies and Equipment

1. Quiet room
2. Refreshments (optional)

48. YOUR HOMETOWN

A. How to do it.

1. Have residents write to their hometowns (volunteers or the activity director can assist on this project).
2. Ask for as much information on the town that you can get

   a. interesting things to do and see
   b. age of the town
   c. size of the town
   d. other unique things about the town

3. Write down what involvement each resident had with their town or have each resident do this.

4. Have group discussions on each town.
5. Might put information and pictures into a "hometown" scrapbook.

B. Benefits

1. Pride in their hometown
2. Stimulates thought
3. Socializing with other residents
4. Contact with outside community

C. Supplies and Equipment

1. Pen and paper
2. Possibly some volunteers
3. Scrapbook (optional)

49. TRAVEL CLUB

A. How to do it.

1. Contact the library for films and slides on states and countries.
2. Contact your local travel agency (they might be able to offer your facility a good rate for a trip within the state).
3. Families of residents might have slides and would be willing to share some of their experiences with your residents.
4. Offer a question/answer/discussion period near the end of the hour.
5. At each session announce next week's topic.

B. Benefits

1. Contact with outside community
2. Socialization
3. Family involvement
4. Promotes mental activity

C. Supplies and Equipment

1. Slides (projector)
2. Films (projector)
3. Pictures and maps of the various topics

50. HODGE PODGE DISCUSSIONS

A. How to do it.

1. "Do you know" - this simple question can lead to a number of discussion topics

   a. these could be seasonal or of special interest such as: "Do you know why we celebrate St. Patrick's Day?" or "Do you know why the custom of wearing wedding bands began?" or perhaps "Do you know that _____ (a resident) is a published author, or a prize winning artist."

2. Another topic could be "When was the first time you": rode in a car? saw an airplane? rode on a train? saw a movie? watched television? etc.
3. Be prepared with stories of your own, this might motivate others to get involved.
4. Give plenty of positive feedback.

B. Benefits

1. Helps to stimulate cognitive process which may become dull, due to lack of use
2. Increases the amount of socialization among the residents
3. By "remembering back when" this might give participants an emotional and perhaps a spiritual lift.

C. Supplies and Equipment

1. Quiet Room
2. Refreshments

51. MAKING A COOKBOOK

A. How to do it.

1. The activity director or volunteer must talk, listen and write.
2. Most women in nursing homes used to do a lot of cooking. They can give you many recipes.
3. Try to include diabetic recipes.

B. Benefits

1. Pride in having "her" recipe in a cookbook
2. Self worth
3. Residents can think and converse and feel important about contributing something of their own

C. Supplies and Equipment

1. Pen and paper
2. Typewriter
3. Stapler

52. HISTORY CONTEST

A. How to do it.

1. Contest rules

a. all contestants must be residents of a nursing home
b. no outside help may be consulted
c. answers must be written legibly with correct spelling
d. help may be obtained in writing the dictated answers
e. answers must be brought to the Activity Director by a specified deadline.
f. the first THREE entrants who submit the correct answers will be awarded prizes in the order received
g. judges will be the administrator, the director of nursing, and the activity director
h. decision of the judges will be final.

2. Questions

a. In April of 1775 an American silversmith warned the colonists that the "British are coming." Who was he?
b. What famous American is considered to be "Father of our Country"?
c. What is the name of the flag that was used by the Green Mountain Boys and is being flown by the Indiana MacDonald restaurants in celebration of the bicentennial year?
d. Prior to the Revolutionary War, American patriot volunteers, particulary in Massachusetts, were organized into military companies and trained to bear arms. They were prepared to fight at a moment's notice. What were they called?
e. What famous American general crossed the Delaware River on Christmas Day to surprise the British troops?
f. The inscription around the top of the Liberty Bell is a verse from the Bible. What is it?
g. On July 4, 1776, the colonists adopted the Declaration of Independence. Which signer of the Declaration wrote his name larger than any other? An American insurance company bears his name.
h. Where did the British forces surrender to General Washington to end the American Revolution?
i. What famous foreign statesman and general served as a volunteer in the Continental Army during the American Revolution? An Indiana town is name for him.

j. What American city was the center of the independence movement? Tourists go there to visit Indpendence Hall, the Liberty Bell and home of Betsy Ross.

B. Benefits

1. Stimulates thought
2. Non-threatening competition
3. Socialization

C. Supplies and Equipment

1. Pen and paper
2. Refreshments

53. COURSES

A. How to do it.

1. Contact a person knowledgeable in a certain subject (try to find out what some residents are interested in learning).
2. Use of visual aids is recommended.
3. Should be able to lead discussions.

B. Benefits

1. Offers an opportunity to learn again
2. Provides a challenge to achieve
3. Promotes socialization
4. Might give a feeling of "self-worth"

C. Supplies and Equipment

1. Blackboard
2. Scrap paper or notebooks
3. Audio-visual materials

SECTION V

COMMUNITY

Community activities can be divided into two categories. These categories are bringing the community into the nursing home and taking your residents out into the community. I would suggest and hope that your primary concern is to get your residents out into the community. Of course, we know that this isn't always possible because of the physical and/or emotional problems that some residents have. When this is the case, make sure you bring in individual volunteers, groups representing many different disciplines, such as, but not limited to, fraternal organizations, senior citizen groups, high school and college professors, elementary school children, various religious organizations (please be careful of not overdoing this), politicians, sororities and fraternities, and many more. Bringing in these kinds of people and groups can help your "incapacitated residents" to interact with "new" faces and also allows them to keep in touch with the "outside world."

I believe that one of the most important aspects of the activity director's job is to take your residents out into the community. In this section there are numerous ideas given but please do not limit yourself to these. Give your residents the opportunity to get involved in the community. Getting them out of the facility might help them keep alive their interest in the world around them. It could also create a more positive outlook on life by knowing that people in the community really care about them.

It is your job as activity director to keep on "top" of things in your community. You should have volunteers to assist you in community endeavors. Remember that residents have a need and a right to become an active, productive citizen in the community. You must afford them this opportunity.

54. FAMILY PICNIC

A. How to do it.

1. Confirm with all departments.
2. Decide type--carry-in or facility provided.
3. Set date.
4. Plan menu with Dietary Service.
5. Residents help make invitations.
6. Plan entertainment--residents assist.
7. Perhaps make home-made ice cream--residents assist.
8. Make provisions in case of bad weather.

B. Benefits.

1. Involves families--helps them feel like they're a part of things.
2. Residents can make new friends.
3. A change from the usual menu is appreciated.
4. Fresh air is most beneficial.

C. Supplies and Equipment

1. Have several ice cream makers.
2. Picnic tables.
3. Extra chairs--benches.
4. Extra help for transporting residents outside and serving the non-ambulatory.
5. Outdoor cooking equipment (large grill) - food, tables.

D. Other

1. Just need to be able to obtain and maintain good communications with all staff and departments.
2. Locate family or friends that the resident wishes to invite.
3. Be able to organize and coordinate activity.

55. TABLE GAMES

A. How to do it.

1. Contact High School Honor Society, fraternal organizations, churches, etc.
2. This group is responsible for assisting in getting residents to and from games and helping secure game prizes, passing out refreshments, and cleaning up.

B. Benefits.

1. The relaxed atmosphere and contact with persons from the community can be very theraputic.
2. Socialization.

C. Supplies and Equipment

1. Various table games.
2. Refreshments

56. PEOPLE TO PEOPLE

A. Purpose

A description of a plan to improve the volunteer program in a health care facility and to help residents feel part of the greater community.

B. How to do it.

1. Use a large empty bulletin board in the main lobby as a VOLUNTEER CENTER.

2. Under the heading PEOPLE-TO-PEOPLE PROJECT it should contain the following:
   a. A calendar of events, listing volunteer individuals and groups helping with them.
   b. Large pictures of residents and volunteers in various activities.
   c. Reusable name tags for each volunteer and for those residents who are on a one to one basis with a volunteer or who are going out of the facility with volunteers. (These can be worn when participating and left on the bulletin board at other times to help interest others in the volunteer program.)
   d. A sign-up clipboard with spaces for NAME, ORGANIZATION, TIME IN AND OUT.
   e. A large center poster explaining the philosophy of the program:

      LOVE IS A TWO WAY STREET

      The People-to-People Project is based on the belief that the most rewarding relationship between people is one of mutual giving - with a shared sense of respect and friendship. We believe in "joining in" activities with our residents rather than "doing activities for" them. We believe our residents are part of the community and have much to teach us.

C. Benefits.

1. Mutual giving - with a shared sense of respect and friendship.
2. Feeling of belonging to the community.
3. Self-worth.
4. There is a need to see residents with different individual preferences and to help the community see residents as citizens worthy of respect -- people to develop meaningful relationships with -- not just people to "do for."

D. Supplies and Equipment

1. Bulletin board
2. Name tags

E. Other information (optional)

1. Develop a slide presentation.
2. Have a college or high school music and/or audio-visual department compose and record a song as background music for the presentation "Love is a Two Way Street."
3. Have a mental health or homemakers group become a "friend with a resident" to visit and take a resident out into the community.

57. LUNCHEON AND GOURMET CLUBS

A. How to do it.

1. Split the residents into groups in which they are most compatible.
2. Luncheon club might consist of residents who are "slightly confused" to "very confused."
   a. You might have 30 to 50 residents in this club.
   b. Take 10 to 15 of these members out once a week. Each week you should rotate your groups.
   c. You can go to local drive-in restaurants such as the A & W, Steak & Shake, etc.
   d. If they have picnic tables, I would suggest that you use them.
3. Gourmet Club can consist of residents who are slightly "disoriented" to "normal."
   a. If you have transportation you can take a large number of these residents out.
   b. Take these residents out weekly, biweekly, monthly, or as much as possible.
   c. Try to go to nice restaurants that the residents can afford.
   d. Residents should order their own food and pay for it. (Remember to tell the waiter that you want separate checks.)

B. Benefits.

1. Getting out into a new environment.
2. Socializing with each other.
3. Meeting and interacting with new people.
4. Accepting responsibility.
5. Feeling useful.

C. Supplies and Equipment

1. Van or bus
2. Cars

D. Other information

1. Check out restaurants before making definite plans.
2. Remember to include wheel chair residents.
3. Explain prices to those needing it.
4. Make sure visual and hearing impaired residents receive help if needed.
5. Include staff and volunteers.

58. PET SHOW

A. How to do it.

1. Establish a date for the Pet Show to be held on the lawn of the Home.
2. A month prior to the established date, run the entry form in the newspaper for several days. Have a deadline set for the return of the entry forms.
3. When all entries are in, send a letter out to each participant, stating that each owner would be responsible to keep their pet under control at all times. Also include the categories of awards and any information needed for the Pet Show.
4. Have plaques engraved. Some categories might include:
   a. Prettiest Pet
   b. Most Unusual Pet
   c. Most Obnoxious Pet
   d. Best Dressed Pet
   e. The Pet That Looks Most Like Its Owner
5. Select a panel of judges. You might ask your Resident Council to be judges.
6. The day of the Pet Show, have residents register each pet. Give each participant a number to hold up as they display their pet. This way the judges only have to write down the numbers. For each category, the pets are displayed and judged.
7. Have a Master of Ceremonies for the show (possibly the administrator).
8. Have a newspaper photographer take pictures of the winners with their plaques.

B. Benefits

1. A sense of belonging to the community.
2. Usefulness (registering pets, judging, refreshments, etc.)
3. Meeting new people.

C. Supplies and Equipment

1. Pen and paper
2. Pets
3. Refreshments
4. Microphone (optional)
5. Awards (plaques, etc.)

59. LAZY DAYS

A. How to do it.

1. Every year have a fair at the Nursing Home.
2. Include horseshoe pitching, eating, and greeting old friends.
3. You can also have a lemonade or beer stand run by your residents.

B. Benefits

1. The residents are afforded the opportunity to talk with other citizens of the community.
2. Meeting old friends might help the residents relate to their community again.
3. They might feel useful by providing a service to the community.
4. More people in the community might become aware of the nursing home and might visit more often.

C. Supplies and Equipment

1. Horseshoes and stakes
2. Crafts and other materials needed for the fair.

60. MOVIE OF THE MONTH

A. How to do it.

1. Contact your local cinema
2. Ask if a special showing of the movie could be set up.
3. You might suggest that the cinema call it Senior Citizens' Day and offer a special rate of approximately $1.00.
4. Call nursing homes in your area and invite them to attend.
5. Call the police department to assure ample parking and loading and unloading in front of the theater.
6. Contact other senior citizen organizations and let them know of the plan.
7. After the official go-ahead, contact the news media for publicity on the project.
8. Within your facility make sure all departments know who is going and what time they'll be leaving and returning.
9. If you do not have a bus or van contact a church and see if they might provide one for you.

B. Benefits

1. Physical and mental stimulation
2. Socialization not only with other residents but other seniors in the community.
3. Feeling of belonging to the community
4. A realization that someone cares.
5. Getting out into new surroundings.

C. Supplies and Equipment

1. Cars
2. Van or bus

61. SURROUNDING COMMUNITIES AND HI-SPOTS

A. How to do it.

1. It requires yourself and other volunteers if it is a large outing.
2. It is helpful if you have a preplanned destination and route.
3. It is important to have doctor's orders for the resident to leave the facility and participate in this activity.
4. Consult the residents, and they can give you helpful suggestions of places that they would like to go and things that they would like to do.

B. Benefits

1. It provides needed contact with the community.
2. It helps keep the resident up on changes that are physically taking place in the community and surrounding areas.
3. It gives the resident the opportunity to see places and do things that he possibly had never done or things that he could not do within the facility.

C. Supplies and Equipment

1. It requires a car, van, or bus, a driver's license, and possibly volunteers if you are taking a large group or a group of residents that need extended supervision.

D. Other Suggestions

1. Upon first introducing the idea of outings, you might confront the problem of the residents not wanting to leave the security of the facility. So, for the first few outings, it is a good idea to take willing residents who can later serve as public relations people within the facility to the more reluctant residents.
2. It is also a good idea to take residents who are compatible, as they will be confined to a limited area and if confrontations arise, it is hard to drive and referee at the same time.
3. It is necessary for you, as the activities director, to be willing to take on the responsibility that is presented by taking out a carload of residents and to be safety conscious while they are in your care.
4. If you are going to a specific place, rather than just "a drive in the country," it is important to pre-notify the place of your coming, so that necessary preparations can be made.

5. Finally, do not be afraid to take the residents out for fear of "accidents" or misbehavior, because on the norm the resident is so pleased to be going on an outing, that he is on his best behavior.
6. Do not leave out the handicapped and wheelchair residents, because with the help of a few aides they can also be transported.

E. Community outings can include but are not limited to the following:

1. Local parks (picnics, etc.)
2. Ballgames
3. Plays (community, college, high school)
4. Tours
5. Festivals
6. Art museums
7. Parades
8. Shopping
9. Circus
10. Zoo
11. State parks
12. Band concerts (community, college, high school)
13. Joyrides (Fall Foliage drives, etc.)
14. Bowling alley (tournaments, prizes, trophies, etc.)
15. Race track (Horse and auto)
16. Library
17. Historic buildings
18. Boat rides
19. Flower and Patio Shows
20. Senior Citizen Centers
21. Go to funeral home (friends/family) if you have a social service designee this should be part of her job.
22. Weddings
23. Attend health fairs

Please remember that the above list is not "all inclusive" and is only meant to stimulate you, the activity director, to get your residents involved in the community.

SECTION VI

SOCIAL

and

RECREATIONAL

Social and recreational activities can be such things as parties, dances, games, parades, sing-a-longs, etc. Most of these activities are usually thought of as fun only; however, activity directors should always keep in mind that these "fun activities" have an intended value for each resident.

62. THE PRICE IS RIGHT

A. How to do it.

1. Cut items from magazines, newspapers, or catalogs and use a variety from cars and houses to hair pins and soup.
2. Write selling price on back of picture.
3. Hold picture up, describe it in detail and take three bids from individuals.
4. Give it to the person who is closest to the actual price.
5. Winner is person with most pictures or highest total value.

B. Benefits.

1. Stimulates responses.
2. Offers competition.
3. Aids in contact with reality by knowing current prices.

C. Supplies and Equipment.

1. Magazines, catalogs, etc.
2. Prizes for winners.

63. EXTENSION HOMEMAKERS CLUB

A. How to do it.

1. Contact your local extension office. There are 4,000 in the state.
2. For a small fee you can organize your own club.
3. Have one meeting each month.
4. Offices can be held by staff, volunteers or residents.
5. Many ideas can come from your local extension office.

B. Benefits.

1. Gives the residents a feeling of belonging in the community.
2. Promotes socialization.
3. Gives responsibility to residents.

C. Supplies and Equipment.

1. A small American flag.
2. A gavel.
3. Extension Homemakers booklets.

64. CROQUET

A. How to do it.

1. Organize games with Senior Citizen Centers, high school groups or other local organizations.
2. If necessary, assign a student or volunteer to a resident.
3. Allow other residents to watch and cheer for their team.
4. Residents can play partners.

B. Benefits.

1. Good physical exercise
2. Wholesome competition.
3. An opportunity to talk to other residents and volunteers.

C. Supplies and Equipment.

1. One or two large sets of croquet.
2. Space to play on.

D. Another Twist to Games.

1. Point System for all games.
   a. Include bingo, euchre, croquet, bowling, etc.
   b. Residents win points instead of prizes which are charted at various activities.
   c. Points may be saved.
   d. At the end of the month have a shopping day which can be set-up in your activity room.
   e. Have gifts available ranging in value from one to 20 points which the resident may buy.
2. Allow the residents to have input as to what gifts should be offered.

65. STAG PARTY/LADIES NIGHT

A. How to do it.

1. Contact male volunteers (Female for Ladies nite).
2. Cut out pictures of bikini clad girls and put them on the walls. Sometimes you can get these from local travel agencies. (For men only)
3. Serve beer and pretzels (wine for Ladies nite).
4. Can have a movie or play cards or dice.

B. Benefits.

1. Might give the men a psychological lift to their masculinity by being away from women residents and staff members.
2. Interaction with other male residents and volunteers.
3. Socialization for all.

C. Supplies and Equipment.

1. Beer and snacks.
2. Poker chips.
3. Cards, dice, etc.
4. Radio or record player.
5. Male volunteers/female volunteers.
6. Light refreshments for those who cannot or do not want alcohol.

66. MUSICAL QUIZZES

A. How to do it.

Varied: Ask specific questions; play and sing.

1. Ask for categories, i.e., names of girls, states, rivers, work songs, etc.
2. On special holidays, special observance days, seasonally popular songs.
3. Different dance tempos.
4. Different kinds of dances.
5. Different songs of nationality.

B. Benefits.

1. Creates good breathing exercise.
2. Stimulates mental activity.
3. Incorporate hand-clapping for coordination and arm-hand movement.

C. Supplies and Equipment.

1. Lead player(s) on instruments best used for community sing-along type:, i.e., piano, organ, guitar, etc.
2. Also: Could incorporate use of large-print "sing-along" sheets.
3. 35mm slides (35mm projector and screen).

67. OLYMPICS

A. How to do it.

1. "Check-points" set up at various places on lawn and/or drives for participants to engage in given game.
2. Adapt various outdoor/indoor games, i.e., horseshoes, shuffleboard, lawn darts, archery, 3-wheel bikes, etc.
3. Scoring at each point is based upon the degree of participation plus setting of handicap per individual ability. For example: reference to distance of participant from the objective.

B. Benefits.

1. Can provide for range of motion exercise.
2. Can be team and/or individual competition.
3. Socialization.
4. Self-worth.

C. Supplies and Equipment.

1. Commercially merchandised equipment dependent upon selection of games to be used.
2. Area to hold games.

68. GENERAL QUIZZES

A. How to do it.

Varied: These quizzes have proven to be especially good at special recognition parties such as birthdays, anniversaries, etc., and at seasonal parties, i.e., St. Patrick's, Valentines, etc.

1. "I'm the Guy - I'm the Gal"
   example: "I'm the gal who saved Capt. John Smith"
2. "Try These On For Size" (measurement terms)
   example: 2 x 4 = lumber

3. "Songs Or Sayings Mix-Up"
   example: "Donning a verdant color" = "Wearing Of the Green"
4. "U.S. States-Capitols" also, "States Nicknames"
   examples: #1 - Give state name: answer given: state's capitol
   (use conversely)
   #2 - "Hoosier" state = Indiana
   "Cotton" state = Alabama
5. "Sweethearts of All Time"
   example: Adam & Eve, Romeo & Juliet, FDR & Eleanor, etc.
6. "Famous Pairs"
   example: Jack & Jill, Mutt & Jeff, Blondie & Dagwood
7. "Proverbs"
   Example: Question = "A stitch in time....
   Answer = "saves nine...."
8. Bible Alphabet" and Regular Bible Quiz
   Examples: #1 - seek answers which can be given alphabetically, i.e., First letter of word-"First Man = Adam"...
   Joseph's younger brother = Benjamin"
   #2 - generally, ask for prominent names, places, events, etc. from both the Old and the New Testaments.
9. "Remember When?" or "From Days Gone By..."
   examples: "What was a cuspidor?" = spitoon
   "What was a fluting iron used for?" = for pleating women's dresses
10. "Two-of-a-Kind"
    examples: Question: "Ham and .....
    Answer: eggs or beans"

B. Benefits.

1. Intellectual stimulation.
2. Competition
3. Socialization.

C. Supplies and Equipment.

1. Reading various materials to come up with different games.
2. Refreshments.

69. SEWING CIRCLE

A. How to do it.

A social hour for women residents to work on individual hand sewing projects, (crocheting, embroidery, knitting, patchwork, etc.). Residents may work on personal sewing projects of their choice or choose from a variety of sewing projects offered by activity personnel.

1. Articles on fashion, new fabrics, etc., can be read to the women and discussed as a group. Residents also enjoy looking through pattern books.
2. A sewing circle participant often enjoys having her family bring in one of her past sewing projects (quilts, afghans, etc.) to present to the other women in her "circle."
3. Community resources - women from the community may bring in samples of a favorite sewing skill to present to the sewing circle.
   a. The sewing skill need not be unusual nor the presentation elaborate for the residents to enjoy it. Women residents generally appreciate the interest and companionship of a visitor to their group.

B. Benefits.

1. Fosters pride in resident's accomplishments.
2. Promotes interest in fashion and present-day trends.
3. Provides finger dexterity.

C. Supplies and Equipment

1. Good fabric scissors.
2. Assortment of sewing needles and pins.
3. Assortment of threads.
4. Various sized thimbles.
5. Assorted fabric scrap.

D. Additional information.

1. Unless the size of sewing circle is small (5-6 residents) volunteer help is needed to assist in threading needles, offering encouragement, etc.
2. Less physically able residents may stuff pillows, sort fabric scraps, etc., depending on where they're at psychologically.

70. HOLIDAY DANCES

A. How to do it.

1. Plan dance around special season or holiday.
   example: Valentine Ball
2. Invite residents to vote for a King and Queen of Hearts.

3. Print names of all female and male residents and pin them on the bulletin board.
4. Place valentine decorated box with slit in top for ballots, under this, list the names of the candidates.
5. Have a box with slips of paper and pencils for voting.
6. Arrange for volunteer dance music, decorations, and light refreshments.
7. Make sequin trimmed capes and crown for King and Queen.
8. Contact volunteers to dance with residents.
9. Have several wheel chair dances with adult volunteers pushing chair in time to waltz music.
10. Contact your musicians union or guild, a university, a high school, etc.

B. Benefits.

1. Social contact with others.
2. Exercise with rhythm.
3. Music appreciation.

C. Supplies and Equipment.

1. Volunteers for music and dancing.
2. Cardboard box.
3. Red and white crepe paper, construction paper.
4. Old white sheet for capes.
5. Sequins to trim capes and crowns.
6. Light cardboard for crowns.
7. Red punch and heart shaped cookies.

71. SCAVENGER BINGO

A. How to do it.

1. Appoint one resident to go around to each room and collect various items that residents wish to donate.
2. When you get a variety of prizes invite residents to play.
3. Use the same rules as regular bingo.

B. Benefits.

1. New twist to an old game.
2. Resident spectators enjoy seeing who gets the prizes they donated.
3. Residents who play are curious to know who donated the prizes they won.
4. Competition can be healthy.

5. Finger dextrity and visual use.
6. Socialization.
7. In Jumbo Bingo the arthritic and the visually handicapped can participate.

C. Supplies and Equipment.

1. Bingo game.
2. Prizes.

D. Additional information.

1. Fruit Bingo = same as above except the prizes are fruits.
2. Jumbo Bingo = same as above except use 12" x 18" cards.

72. BALLOON TOSS

A. How to do it.

1. Put notes inside balloons such as a poem, short scripture, a riddle, a mathematical problem, a geographical or historical question, or a tongue twister.
2. Line the residents in two rows.
3. Play volley ball (you can also play individual games).
4. After they have played for awhile have them break their balloons. As a balloon is broken, call a halt to others breaking theirs until the resident has performed the enclosed instructions.
5. Continue to break the balloons until all have been broken and all tasks completed.

B. Benefits.

1. Almost any resident can participate including bed patients, wheelchair, mentally retarded, and mentally ill.
2. Physical exercise.
3. Intellectual exercise.

C. Supplies and Equipment.

1. Balloons.
2. Pencil and paper.

73. RESIDENT AWARDS

A. How to do it.

1. Contact Historical Society.
2. Ask them to show slides of your town both past and present.
3. Invite the mayor to say a few words.
4. Announce the civic organization or place of work each resident was a participant of.
5. After each person is recognized award her with a certificate for example:

CERTIFICATE OF AWARD

This Certifies That

_____

Being a Long Time Resident of

_____ County is Being Honored

By the City of _____

and

_____ Nursing Center.

Given on _____

_____ _____

Mayor Administrator

6. Citizens not living in the county for at least 10 years can be given a certificate with a different color border recognizing them as an "Honorary Citizen".

B. Benefits.

1. Recognition.
2. Opportunity to remember and talk about the past.
3. Might give them a feeling that someone cares.

C. Supplies and Equipment.

1. Certificates.
2. Refreshments.

74. PARADE FLOAT

A. How to do it.

1. Establish rules for a contest to get a theme for the float.
2. Cut crepe paper and decorate float.

3. Include urns with flowers which your residents can grow.

B. Benefits.

1. Most residents can participate in some way in this activity.
2. Promotes socialization and a closer feeling among residents.
3. Opportunity to be useful and responsible.
4. Physical and mental exercise.

C. Supplies and Equipment.

1. Crepe paper and other decorations.
2. Nails and hammers.
3. Flat bed wagon and vehicle to pull it.

75. SLIDE SHOW

A. How to do it.

1. Show slides of residents participating in the various activities of the home.
2. Serve refreshments.

B. Benefits.

1. Opportunity to communicate with other residents.
2. Stimulate awareness of environment.
3. Residents might gain interest in the activity program by seeing pictures of their friends and other residents.

C. Supplies and Equipment.

1. Slide Projector
2. Screen.
3. Refreshments.

76. SING-A-LONG

A. How to do it.

1. Solicit participants by talking it up and encouraging residents to participate.
2. Find a volunteer or resident to lead songs.
3. Gather up old song books, perhaps old records to learn from and get started on.
4. Select a time and place, and publicize it among residents.

B. Benefits.

1. Generates enthusiasm, joy and pleasure.
2. Mental, physical and spiritual exercise.
3. Encourages social interaction and promotes friendship.

C. Supplies and Equipment.

1. Piano or guitar or record player accompaniment.
2. Song books (large print).

77. TOSS ACROSS

A. How to do it.

1. All squares are turned to plain white side.
2. Patient is given 3 small bean bags.
3. Each square flips over when hit with a bean bag.
4. Object is to get 3 blue O's or 3 red X's.
5. Two patients can either sit or stand side by side. Each takes turns throwing the bean bag.
6. This can also be done on a team basis.
7. When a Tic-Tac-Toe is acquired the patient or team is considered the winner of one game and the squares are turned over to start a new game.

B. Benefits.

1. Good exercise for the eyes and hands.
2. Use of the mind for strategy.
3. Promotes competition.
4. Can be done very effectively for the physically and mentally disabled.
5. Increases socialization.
6. Bean bags are very safe.

C. Supplies and Equipment.

1. Toss Across Game = can be purchased in most department stores at an economical price (Prizes Optional)
2. Refreshments.

78. FACILITY GOURMET CLUB

A. How to do it.

1. Meet once or twice a month.

2. Plan a menu.
3. Have residents shop for the foods they need.
4. Prepare the meal.
5. Set the table.
6. Eat in a special family setting
7. Include music.
8. Might do some of these by candle light.

B. Benefits.

1. Gives the residents a chance to accept responsibility.
2. Relaxed atmosphere - awareness of environment.
3. Opportunity to communicate with other residents.
4. A feeling of usefulness.

C. Supplies and Equipment

1. Food.
2. Quiet room to eat in.
3. Room to prepare meal.

D. Other information.

1. A suggested size for this group is six to eight.
2. If you have more than this amount split into two or three groups and offer this activity on a rotating basis.

79. CLOSE BASKET BASKETBALL

A. How to do it.

1. Take an oil cloth and draw a cross to mark off four squares.
2. Mark the squares as 10 and 15 points.
3. Set basket in the center of the oil cloth.
4. Use a bean bag as the ball.
5. Try to throw the bean bag in the basket (35 points).
6. Can be done by two or more individuals.
7. Can be done on a team basis.

B. Benefits.

1. Offers residents a challenge.
2. Promotes interaction among residents.
3. Provides physical exercise.
4. Promotes competition.
5. Physically disabled can participate.

C. Supplies and Equipment.

1. Oil cloth.
2. Bean bag.
3. Basket.
4. Prizes (Optional)

80. HORTICULTURE CLUB

A. How to do it.

1. Find out who is interested in studying plants, flowers, herbs, etc.
2. Some suggestions for this club are:
   a. Visit a local green house to select flowers to be planted around the nursing home.
   b. Visit county fair exhibits.
   c. Have a florist come in and show the residents pointers on arranging.
   d. Have a local herb club come to the home.
   e. Study books on gardening.
   f. Have group discussions.

B. Benefits.

1. Community interaction.
2. Provides an opportunity to learn.
3. Socialize with other residents.

C. Supplies and Equipment.

1. Notebook.
2. Various articles and books.

SECTION VII

MEN

This section, which is last but not least, can be very helpful to the A.D. who has "uninvolved male residents." One of the greatest concerns expressed over and over again by program planners is how to get men interested and involved in the activities of the Home.

Perhaps the first step involved in tackling this problem should be to examine some of the reasons why men are difficult to engage in everyday activities. It is not unusual at all to see the majority of men sitting in their rooms or in the lounge watching activities from the sidelines. However, most of these men had been the "head of the household" for several years. They "earned" the money and provided food, clothing, and shelter for their wives and families. They had many responsibilities an decisions to make; people were dependent on them. They worked hard at their jobs and took pride in what they did. Now, however, the situation is quite different. They have few responsibilities and no one is dependent upon them for any major needs. Decision-making today usually involves which shirt to wear or whether to have coffee or tea with a meal. They no longer work and now have more time than they know what to do with. They may also have failing eye sight, hearing, or another physical handicap, which only adds to feelings of low self-esteem. The changes in their lifestyles often occur more abruptly than those which women experience. For example, wives gradually do less for their children as they grow up and replace the time spent washing diapers with other activities, such as, knitting and crocheting. They gradually have more time of their own as their children begin to demand less of their time. However, the husbands continue to work full-time until they retire and then they suddenly have "free" time. This change into "Retirement" is often a difficult and lengthy process for a person to adjust to comfortably, and sometimes, a person just doesn't adjust at all to the "additional" leisure time he now has.

81. STRING ART

A. How to do it.

1. Take a board with equal sides and sand it down with rough sandpaper until the wood is smooth.
2. Go over the wood again with fine grain sandpaper to make sure all edges are smooth.
3. Take a picture out of a book, such as a fish or boat, and place it on the board. Attach the picture at the four corners with tacks.
4. Hammer small nails on the outline of the picture and on parts of the picture that will be important, such as the eyes, fins, etc.
5. On the corners take out the tacks. Pull picture up leaving nails in board.

6. Take your balls of string and whatever colors you need and start your string art.
7. You start out by wrapping the string around the nails and then go across the board to another nail and wrap the string around it.
8. Keep going in a crisscross design until the middle of the subject is filled with string.

B. Benefits

1. Exercise for hands
2. Good for mind and imagination
3. Useful gifts for family and friends
4. Opportunity to make extra money
5. Might promote a feeling of usefulness
6. Might help to feel more masculine especially when working with rough surfaces.

C. Supplies and Equipment

1. Wood cut in 5 inch squares
2. Nails - small or large whatever fits the resident
3. Hammer
4. Sandpaper
5. Picture from book
6. String

D. Other Information:

Any individual that can work with at least one hand can do this craft. It's a great craft to get men together. You can make it as easy as you need it or as hard as you want. It is a good craft to get started on. It is also good for a resident that you want to slowly work into something more difficult. To get the string art started, it is a good idea to show the resident a string art picture that is already done so he knows what he is working toward. (Clean-up time 20 minutes)

82. FOLK CHOIR

A. How to do it.

1. You will need either a pianist or guitarist.
2. A piano is sometimes easier for a group to follow, but a guitar lends a nice flavor to a folk-type group.

3. Use a song book that includes many of the old songs that have been popular throughout the years.
4. The group should gather in a large room. It need not be private as other residents might enjoy listening to rehearsals.
5. Song sheets should be passed out and the group should warm up with simple requests.
6. Songs should be rehearsed in a relaxed manner, striving not for perfection, but for enjoyment.
7. Diction should be stressed.
8. Each song should be prefaced with a brief history about the song, this might stimulate conversation among the group.
9. Schedule performances for the staff, family, and other interested groups.

B. Benefits

1. Intellectual stimulation.
2. Communicating and socializing.
3. A sense of achievement.
4. Recognition from performing.

C. Supplies and Equipment

1. Some form of accompaniment (piano or guitar player).
2. Song book which includes brief histories of each song.
3. Song sheets for choir members.

83. LEATHER CLUB

A. How to do it.

1. Pre-dye all leather.
2. Take scrap pieces of leather and moisten with damp cloth.
3. Position leather template (say a flower) on the leather and hammer like you would pound a chisel, a few sharp blows. Practice making designs until they are cutting the leather clean and sharp. Then move on to stamping a design in the key bob.
4. Plan a design in your head and stamp onto the key bob using hammer and template.
5. Move to a separate table (pounding moves the table) to paint the design. Let paint dry.
6. Assemble key ring and key bob by folding over tongue and matching the two holes together and enveloping the key ring. Insert rivet and pound its companion piece together. Project completed.

B. Benefits

1. Expression of creativity for talented and untalented.
2. Simple skills required. Not much physical strength needed. With a little practice nearly anyone can put out enough hammer power.
3. Project can be completed in a short amount of time, with excellent results giving the resident a sense of pride and accomplishment.
4. Good items to sell through activity department thus, giving the resident a sense of self-worth.
5. Nice gift for family or friends.

C. Supplies and equipment

1. Leather dye.
2. Rivets
3. Key rings (precut)
4. Wooden mallets
5. Leather template tools
6. Tempra paints
7. Small paint brushes
8. Wet cloth
9. Leather scraps
10. Table to pound on

D. Other:

This activity is started with pre-cut key bobs. It needs to have rivet holes punched, the leather dyed, designs cut into the leather and painted and a ring riveted in place for completion of the project.

84. SHOE POLISH CLUB

A. How to do it.

1. Collect shoes from residents that want their shoes polished.
2. Accept donations.
3. Refreshments (optional).

B. Benefits

1. Exercise for the hands and fingers.
2. Feeling of usefulness and accomplishment.

3. Opportunity to do something for others.
4. Opportunity to do some work again.

C. Supplies and Equipment

1. Shoe polish.
2. Brush or rags.

85. REFINISHING FURNITURE

A. How to do it.

1. Remove paint or varnish.
2. Repair holes, scratches, and nicks.
3. Sand.
4. Stain or varnish.

B. Benefits

1. Might increase self-esteem.
2. A feeling of usefulness.
3. A chance to earn some money.
4. Physical exercise.

C. Supplies and Equipment.

1. Paint remover (zip-strip)
2. Scraper.
3. Putty knife.
4. Rat tail file.
5. Sandpaper
6. Stain.
7. Varnish.
8. Wood putty.
9. Wood glue.
10. Rags.
11. Large piece of cardboard to work on.

D. Other:

1. Make sure you have a well vented room to work in.
2. Supply the resident with a bucket or box to keep supplies in.

86. BIRD FEEDER

A. How to do it.

1. Stencil out with 2" stencil 1776 to 1976 U.S.A. on an 8" by 10" posterboard and cut out with razor blade.
2. Use sandpaper to smooth off rough edges and nicks on all wood pieces.
3. Lay several newspapers down and paint the 14" square masonite red, the two 8" by 10" pieces, the 1" by 10" piece and the two 6" by 10" square pieces white, and then paint blue the two 1" by 10" pieces and the 10" square piece. Do one side at a time, letting one side dry and then doing the other side.
4. Take the two 8" by 10" pieces for sides, nail to 10" square for bottom, center and leave 1" on each side, use at least four nails to a side. Take the 1" by 10" white wood piece and put across top center of sides for support and nail from the outside in, one nail to each side piece. Take the 6" by 10" wood pieces and slant then inward leaving 1" apart and 1" from bottom, leveling tops out to the 8" sides. These are the centers to hold the feed in. Nail from the outside of the 8" by 10" pieces into the center pieces, at least three nails to a side. Take the two 1" by 10" blue pieces and nail them to the top of the bottom piece on the open sides. Use at least three nails to a side.
5. Paint nail heads and any needed places, watching not to mix paint colors. Paint stenciled out posterboard to each outer side of the 8" by 10" sides.
6. Place swivel hooks one in each inner top corner of the 8" by 10" side pieces. Take the 14" square and on one side place the eyes. With the top centered to the bottom, match the eyes with the swivel hooks. This enables you to take off the roof to refill the bird feeder. On the other side of the top piece, center a triangle over corners of the roof to the top of the roof using three of the 3" hooks. Connect an 18" chain to each hook. Take a 3" hook and put it in the bottom side of a tree limb. Connect the three chains of the filled bird feeder to the hook on the limb and you have your bicentennial bird feeder completed and hung.

B. Benefits

1. Feeling of pride and recognition.
2. Self-respect.

3. Accept responsibility.
4. Increase socialization.

C. Supplies and Equipment.

1. Pencil.
2. Stencil (2").
3. Poster board (8" by 10").
4. Ruler.
5. White spray paint (1 can).
6. Red spray paint (1 can).
7. Blue spray paint (1 can).
8. 14" square masonite.
9. 6" by 10" pine wood pieces (2).
10. 8" by 10" pine wood pieces (2).
11. 10" square pine wood piece.
12. 1" by 10" pine wood pieces (3).
13. 18" chains (3).
14. 3" hooks (4).
15. 1" flat head nails (24).
16. Swivel hooks with eyes (4).
17. Hammer.
18. Strips of sandpaper.
19. Razor blades.
20. Several newspapers.

D. Other

The cost for this bird feeder was approximately $8.00; however, the administrator and the activity director felt the publicity in the newspaper and the enjoyment the men received in making this project more than paid for itself.

87. FISHING TRIPS

A. How to do it.

1. Search for a club, organization, or church group to sponsor these trips.
2. These sponsors would be responsible for providing the transportation, volunteers, and the necessary fishing equipment.
3. Call the Parks and Recreation Department for a suitable location.
4. Check with the game warden concerning the possible need of fishing licenses.
5. Have the kitchen pack a picnic lunch.
6. Take along a first aid kit.

B. Benefits

1. Encourages social interaction.
2. Gets the men out of a female dominated environment which might help their masculine image.
3. Physical and mental exercise.
4. In touch with the community.
5. It provides an opportunity for the men to converse about "man talk" without fear of being offensive to the women residents and staff.

C. Supplies and Equipment

1. Fishing poles.
2. Line.
3. Hooks.
4. Bait.
5. First aid kit.
6. Lunch.

D. Other

1. Fish and game departments often will issue free, temporary licenses.
2. Ambulance services may donate their van(s) especially if their company is used by your facility.
3. Find a place that is accessible for wheelchairs.
4. If you cannot get a club to sponsor this activity, you can do it yourself.
5. Make sure you know where bathroom facilities are.

BIBLIOGRAPHY

A. Books

1. Coordinated Activity Programs for the Aged: A How To Do It Manual, 1975, 158 pages, 77 fig. American Hospital Association, 840 North Lake Shore Drive, Chicago, IL 60611. $13.00

   This comprehensive manual gives detailed instructions and suggestions on setting up and conducting an activity program in a long-term care institution. In addition to chapters on the organization and administration of an activity department, the manual gives step-by-step instructions for conducting activities in such areas as arts and crafts, drama, discussion groups, classes, exercise, games, sports, music, outings, and service projects.

2. Activities Supervisor's Guide, Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. $1.00

   This guide covers a variety of aspects involved with activity programs in nursing homes.

3. Winds of Change, American Hospital Association, 840 North Lake Shore Drive, Chicago, IL 60611. $1.00

   Provides a basis for the development and the refinement of program standards and policies for administrative planning, for staff orientation, and for consumer education.

4. Establishing and Maintaining A Volunteer Program: A Handbook for Long Term Care Facilities, American Health Care Association, 1200 - 15th Street, N.W., Washington, D.C. 20005. $5.00

   This handbook is a comprehensive manual which provides indepth information relating to volunteer programs in nursing homes.

5. A Social Work Guide for Long Term Care Facilities, Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. $2.20

   The overall goal of this guide is to improve services to institutionalized older people and their families through the use of social work knowledge and skills.

6. The Fun Encyclopedia, Abingdon Press, Nashville, Tennessee. There are over 1,000 pages with 211 illustrations. $8.95

   A comprehensive, all-purpose, entertainment plan-book for the nursing home, club, school and playground.

7. Activities for the Aged and Infirm, A Handbook for the Untrained Worker, Charles C. Thomas, Publisher, Springfield, IL

   This book tells why, how, what, when, and where. It shows the way to do with rather than merely for.

8. On Death and Dying, Elizabeth Kubler-Ross, in paperback by MacMillan Publisher, for $1.95.

   This book gives good research information on working with the dying person.

9. Creative Recreation for the Mentally Retarded, Charles C. Thomas, Publisher, Bannerston House, 301-327 East Lawrence Avenue, Springfield, IL

   This manual is designed primarily for use by recreation directors and activity aides working in institutions housing mentally retarded individuals.

B. Films

1. Dehumanization and the Total Institution (15 minutes-animation)

   Ralph Spy, the figment of cartoonist imagination, investigates the Dehumanization and the Total Institution. Designed to be used as a prelude to discussion, the film calls attention to those practices which may adversely affect human dignity in our institutions. This is an excellent film for in-service training.

   16mm, sound, color

   Can be purchased from:

   Studio One Animation
   4640 West 77th Street
   Edina, Minnesota 55435
   Price: $86.90

   Free loan: #982

   Indiana State Board of Health
   Film Library
   1330 West Michigan Street
   Indianapolis, Indiana 46206

2. A World of the Right Size (20 minutes)

   Animated film devoted to comprehensive discussion of mental retardation. It cites case histories to explain the varying degrees of mental retardation, emphasizes its individual differences, and describes the learning potential of the retarded. All the possible facilities which are or should be available to the retarded are listed. Excellent for in-service training.

   16 mm, sound, color

Purchase from:

Communication Division
Nebraska Psychiatric Institute
602 South 44th Avenue
Omaha, Nebraska 68105
Price: $135.00

Free loan: #980

Indiana State Board of Health
Film Library
1330 West Michigan
Indianapolis, Indiana 46206

3. Peege (28 minutes)

Many persons have a communication problem. This may be especially true with our "senior citizens" many of whom live in nursing home situations. The film does an excellent job in showing that there can be communication even though one is "old, senile, blind, or arthritic, etc." An excellent training film for in-service training.

16 mm, sound, color

Free loan: #A-970

Indiana State Board of Health
Film Library
1330 West Michigan Street
Indianapolis, Indiana 46206

4. The Old Man and the Devil (16½ minutes, color)

Lively old man in a county hospital becomes increasingly fretful under institutional life and decides to run away. The Devil finds him at a bicycle shop and persuades him to sign a document relinquishing custody of his soul in return for immediate benefits and pleasures. Film manages to raise pertinent questions about society's treatment of its aged and our traditional attitudes toward old people. No dialogue 1971.

Free loan:

Indiana State Library
140 North Senate
Indianapolis, Indiana 46204

5. Focus on Ability (22 minutes)

Deals comprehensively with the teaching of swimming to all types of handicapped individuals. The film helps the viewer to develop greater sensitivity toward the needs and personalities of the handicapped.

16 mm, sound, color

Purchase from:

American National Red Cross
National Headquarters
Washington, D.C. 20006
Price: $74.00

Free loan:

Indiana Association for Retarded Citizens
752 East Market Street
Indianapolis, Indiana 46204

6. The Inner World of Aphasia (24 minutes)

Deals with psychological, perceptual and other problems of the person who has aphasia following a stroke or brain injury. Helps nursing home personnel to understand how to work with patients who cannot communicate verbally.

16mm, sound, color

Purchase from:

Edward Feil Productions
1514 Prospect Avenue
Cleveland, Ohio 44115
Price: $159.00

Free loan:

Contract your Local Heart Association

C. Record

"Peacebird" by Deanna Edwards. (Death and Dying)
Franciscan Communications Center, 1229 South Santee, Los Angeles, California, 90015.